

# SportStart Overview

SportStart is a professional development and resource package aiming to inspire, empower and support schools to create or improve their physical programmes for young people. Sport Wellington is endeavouring to motivate schools and sports organisations to share a common language and common approach to create a generation of physically literate New Zealand children.



SportStart **inspires** teachers to get out and deliver fun, progressive, developmentally appropriate activities to their young people by providing them with meaningful resource of activities and a thorough user's guide.

SportStart **empowers** schools and teachers, to plan a clear pathway for the development of young people so that they get active and want to stay active.

SportStart supports schools and teachers to implement their plan and deliver meaningful sessions by providing activities (resource) and in depth, on-going support through workshops and team teaching sessions.

The SportStart package is based on two key philosophies:

- Long Term Athlete Development
- Physical Literacy

Physical literacy, facilitated through SportStart is the development of fundamental movement skills and fundamental sport skills alongside critical thinking and communication. Successful and rewarding participation in sport and physical activity, whether for enjoyment or competition relies on the development of all three skill areas. This foundation is essential for the long term development of healthy, confident, competent young people. Our professional development programme assists teachers to think about how they will develop their young people from when they enter primary school to when they leave.

To help improve knowledge and understanding and drive sustainability and impact, Sport Wellington insists that school-wide, staff agree to engage in this programme. The following minimum standards are required for use of SportStart in schools:

- Attendance at 2 full day workshops by lead teacher and any other interested teachers
- Attendance at 2 forums per year by lead teacher
- Attendance at an afterschool workshop by all staff
- Ensure all classroom teachers participate in their individual professional development support with the Community Sport Advisor (CSA) and lead teacher
- Purchase at least one set of SportStart resources valued at \$225
- Sign a 3 year Memorandum of Understanding with Sport Wellington
- Complete analysis and action plan with CSA and review each year
- Lead teacher to meet once a term with CSA to review progress and goals
- Collect baseline data, monitor the programme and provide summative data to assist with evaluation of the programme using templates provided by Sport Wellington
- Demonstrate change within the wider school community based on the Long Term Athlete Development (LTAD) model and Physical Literacy (this could include long term plans, fitness, lunchtime activities, sport zone events and outside provider engagement)

The information presented in our workshops and within the resource is based on both the most recent scientific research and on the knowledge and experience of people who work in physical activity, physical education and sport with primary aged children. As knowledge develops some of the details presented may be replaced with better and more up to date knowledge – and that is as it should be.

#### **Costs to the school:**

- Resource purchases – \$225 GST incl. which includes the SportStart red and blue manuals
- Workshop related costs
- Equipment (optional)

As well as the activity and assessment ideas in the resources you will receive 24-hour seven day a week access to the website that includes:

- Lesson plans
- Research
- Equipment lists

#### **Process to engage:**

- The next intake of schools will be for Term One 2019



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